



CITY OF WARWICK PARKS & RECREATION

Red Cross Lifeguarding Certification Classes

Dates: **Class 1:** March 22nd & 29th April 5th & 12th 5:00-8:30pm

Class 2: April 18th- 22nd 2:30pm-6:00pm

Location: McDermott Pool
975 Sandy Lane
Warwick RI 02889

Cost: \$100 Warwick Resident, \$175 Non-Resident
Includes CPR Mask & Whistle

Course Description: Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

*** Prerequisites: Minimum age: 16 years; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.

Prerequisite Swim: must be completed prior to the course (week of March 14th)

Contact: Greg Hindle City of Warwick Chief Lifeguard

E-mail greg.hindle@warwickri.com or call 921-9627 to set up an appointment for prerequisite swim or with any questions you may have.